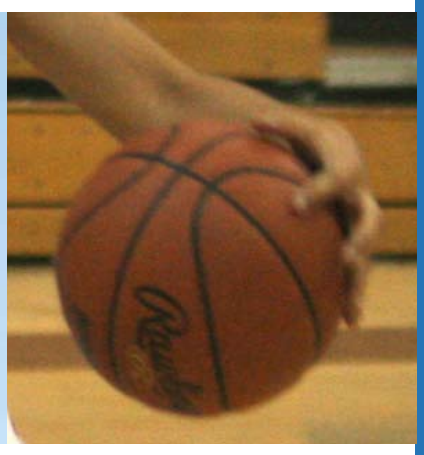
TALON

NEWS MAGAZINE

VOLUME XVII ISSUE III

TALON
NEWS MAGAZINE

FEATURES



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IN THIS ISSUE
KAYLE WALKER

The economy is in a recession with many of us graduating within the next six months. Things are changing and stress levels are high. The holidays are right around the corner and it's time we should all forget our worries for a couple days and enjoy time with our loved ones.

In this issue o f *the Talon,* we have a special feature on Campus Life Director, Jason Baldwin and his family. The article tugs on the heart-strings as it explores the Baldwin's struggle with one-year-old daughther Sage's Polycystic Kidney Disease (PKD). Read Sage's story and find our where you can donation for PKD.

In our campus section, read a profile on our interim *Talon* Advisor, Joey Skidmore, and find out more about the completion of the entrance to Blasco.

Our A&E section is full of book and movie reviews, as well as information on upcoming movies and concerts.

Get a preview on all the winter sports teams, and find out more about the continued search for a new Athletic Director. Also find out why men are so obsessed with Fantasy Football.

Not only is winter full of sports, but also the holidays. Our special report covers Thanksgiving and the fall season.

Finally our political section: If you aren't sick of politics yet, check out articles about our new president-elect, the Tina Fey and Sarah Palin skits, and another He Said, She Said.

With the holidays only a week away, de-stress and spend time with the people you love. And once again, enjoy this issue of *the Talon*!

STAFF SPOTLIGHT
BEN KOPP

Each issue, we are dedicating a small section to profile a member of the Talon Team. This issue we are honoring senior Ben Kopp. Ben has been involved with Avila's Talon since he came here three years ago. He enjoys working with the Talon because he likes helping the Avila Community learn not only what is happening on campus, but also what the underlying perspectives are toward what is happening. While he enjoys every part of the Talon, his favorite sections are Campus and Commentary.

Ben is involved on campus and is part of, not only the Talon, but also Student Senate, Campus Ministry, Group Activities Programming, Pre-Law Society, and Mock Trial. When Ben isn't running between homework, classes, and student organization duties, he likes to spend time with his friends and girlfriend.

Ben has been a huge asset to the Talon, and his hard work is greatly appreciated by the Talon team members. He will graduate in May 2009 with a political science major and theatre minor

EDITORIAL POLICY

The Talon News Magazine is produced by the students of Avila University. Opinions expressed are those of the writer and do not necessarily reflect those of the TALON NEWS staff, the Trustees, administration, faculty, or staff of the University. The Talon News Magazine encourages letters to the editor. These may be submitted electronically, or in writing and should include the writer's name, address, and telephone numbers for verification purposes. Letters can be mailed to the TALON News Magazine Editor, Avila University, 11901 Wornall Road, Kansas City, MO. 64145. The Talon reserves the right to edit letters for reasons of space, clarity, or inappropriate language. Copies of the Talon News Network Operational Guidelines may be requested by writing to the above referenced address.

JOIN THE TALON TEAM

We're always looking to expand our Talon team. If you are interested in writing stories, taking pictures, or page layout, please feel free to contact me. Additionally, we also appreciate any feedback, good or bad.
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Check out the Special Decemeber Edition ONLINE December 8th at www.avila.edu/talon

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Blasco Entrance Complete
By Erin Hopper

Working Hard...

As you all have seen, construction crews have been working long and hard on the front entrance to Avila University. The project is being funded through several private donations, with the lead gift coming from Jeanne Hamilton Olofson (1992 & 1994). She is an alum and current member of Avila's Board of Trustees and a wonderful benefactor to the University. "Internally, we like to refer to the project as the J-HOP (Jeanne Hamilton Olofson Plaza)," said Greg Reichert, Vice President for Advancement.

Construction started on the project early this summer. The work is being completed by private contractors, although the project is being overseen by Avila's Building and Grounds Department. J-HOP should be completed by Thanksgiving break, and a dedication to the Jeanne Hamilton Olofson Plaza will be on November 11, 2008 at 5:00 p.m. The whole campus is invited to attend this ceremony.

Reichert is hoping that this new entrance will provide a more welcoming appearance for the guests and students of Avila. "This is typically the first area that visiting students and their families see, and hopefully it helps create that collegiate feel that many people look for when visiting a campus," said Reichert. "When you combine it with the other projects that we've completed over the last few years – McCullough Family Courtyard, McCarthy Observation Deck, and the improvements in front of the Hodes Center – they are all gathering spaces that offer themselves up to formal and informal events."

Avila will also be doing construction on the Thornhill Art Gallery and Sister Margaret Rinehart Courtyard where the three garage doors are located in the Dallavis Center. "We have already started with some of the clean-up and demolition in that space, and are awaiting the final details before construction can begin," said Reichert. "We are hopeful that it will be completed next spring."

"...hopefully it helps create that collegiate feel that many people look for when visiting a campus."

Avila gets a face-lift, and much more!

Tree leaves are not the only things changing this season. As we get closer to the dreaded finals week, Talon staffers want to reflect on some of those changes. In the Campus News section, we see Avila's front has received a much-needed face-lift. Erin will discuss its new look, while Ben proposes a new student face for Avila: Mr. and Ms. Avila. A political enthusiast with a soul for rock and roll is one way to describe Joey, adjunct faculty for the School of Visual and Communication Arts. Javier will take an in-depth look at the professor named Joey. Does the cold weather have you feeling blue? Kayle will tell you how you can avoid getting the flu. This section would not be complete without a Value Vent from none other than Ben. If you need more information about the happenings around campus, check out The Talon online at www.avila.

A Trip to Remember
Kayle Walker

Gangsters and Crystals

While most people were enjoying fall break, a few students and professors were still busy at work. This fall break four film students, Mike B. Rollen, Katie Feierabend, Cody Wasson, and myself, took a road trip to Arkansas to help film a documentary. The trip was also supervised by film professors, Nicole Esquibel and Ben Meade. The destination for these film junkies: Hot Springs, Arkansas—the land of gangsters and crystals.

While in Hot Springs, the students helped film interviews and shoot B roll footage on 8mm cameras for Meade's documentary. The film is about gangster Owney Madden, and is titled Redemption. The film tells a different story about Madden and his life in Hot Springs. Back in the 1930s, Hot Springs was neutral ground for gangsters all over the country. Gangsters like Al Capone and Charles Luciano came to Hot Springs for vacation, and everyone checked their guns at the door.

The students also got the opportunity to meet documentary film legend Albert Maysles. Maysles lectured at Central Arkansas, and also spoke at his film The Salesman which screened at the Hot Springs Documentary Film Festival. The group talked to Albert on a personal level over lunch and a long car ride from Conway to Hot Springs. Albert, or "Albie" as we liked to call him, was not only inspirational, but also very personable.

"The symposium with Albert Maysles was incredible," said Rollen. "He went in-depth on his style of direct cinema, which is

documentary filmmaking in its purest form. This style shows the subject without explotation or interpretation," said Rollen.

At the symposium Maysels delivered a great line, "The problem with reality television is it's not real!" Many people believe that reality television is real, but Albert pointed out that it's always influenced by the person paying. Maysels encouraged young filmmakers to give back to the world through films that capture the humanity in society.

The Hot Springs Documentary Film Festival's theme was "Expose Yourself." The films typically played from 10 a.m. until 10 p.m., so the students were able to see a wide variety of them. To be exposed to so many films from all over the country was good for the students because after graduation they hope to make their own movies.

The Film & Digital Media department hopes that this trip was the first of many. It's not everyday that students get the opportunity to help on a real film--this was definitively a trip to be remembered.

Increase in Student Usage at Avila's Library
Mike B. Rollen

Lots of Options

Avila University's Library Director, Kathleen Finegan, has seen a lot of changes in her fifteen years at Avila University. "For one thing now we can request books from other libraries…that wasn't available fifteen years ago," Finegan said.

According to Avila library records, in 2007-2008 Avila students and faculty borrowed 9,418 books including 843 books from other WILI Cluster libraries and 1,053 from MOBIUS libraries.

Finegan attributes this increase in student usage to the Annual Library Survey, which is used to help direct the library service and resource planning. "This survey helps tell us what students are worried about," Finegan said. "We found the issue of food in the library was of importance to most students, so now the library provides coffee, nuts, crackers, orange juice, granola bars, and Red Bull to students for a small fee. Of course, all of these items are on the honor system."

Camcorders are available for check out at the library. Most student check them out for student teaching presentations. Library personnel can also assist students in making a DVD of their digital footage on the library's digital editing computer.

The library also provides headphones for students to check out, allowing them to listen to web content on library computers.

Avila has a collection of e-books, and reference e-books. Many of the reference books are available online to Avila students at no cost. "At this time there is not a big rush to purchase e-books," according to Finegan. "Right now the problem with e-books is their portability and how easy they are to read. Many students still prefer a paperback, or a hardback book, so right now the library is waiting to see how the market settles out."

Graduate student, Yoshitaro Oba says he likes the library for its privacy, and often comes to study. Oba has a class online and utilizes ANGEL The Course Management System. He also enjoys the ability to be able to print the online documents.

Another student, Mandy Hodes, agrees "I use it for the printing," she said.

"We found the issue of food in the library was of importance to most students..."

Great Opportunity for Choirs of Avila
Dakota Miller

A great honor has been presented to Dr. Amity Bryson and the choirs of Avila University. They have been granted the opportunity to attend the *Festival Corale Internazionale Di Roma*, also called the Rome International Choir Festival. This chance will let the singers show the quality of Avila's music department at St. Peter's Basilica in the Vatican and The Santa Maria Sopra Minerva in June of 2009. "It's an incredible honor to be selected," said Dr. Bryson, "We were selected to other festivals but none so succinctly fit the mission of Avila."

About forty of Avila's vocal students have been selected as the Festival Choir to travel to Rome, Florence, Venice, and Milan. The choir will be joining with nearly one thousand vocalists from all across the world to sing a variety of songs. Another immense privilege has been given to them. They have been asked to perform by themselves at the Saint Mark's Cathedral in Venice, Italy.

Student Alec Rigdon shows his enthusiasm: "I've always wanted to go to Europe, and Rome has so much history and awesome architecture," says Rigdon. The cathedrals that the choirs will be attending are several of the largest and most ornate churches in Europe. St. Peter's Basilica is listed as one of holiest sites of the Christian faith.

"We were selected to other festivals but none so succinctly fit the mission of Avila."

What we all have been waiting for...
Eric Potter

Lower Prices

Over the last few months Americans have worried about gas prices, the Presidential election, and the economy plummeting. The economy is still in bad shape, but the Presidential election is over, and gas prices have been going steadily down.

In the last several weeks gas has dropped from nearly $4.00 per gallon, all the way down to under $2.00 per gallon. This is beneficial to us as college students. With the holidays just around the corner, the lowering of gas prices has made it easier and more affordable for some students to travel back home.

According to kcgasprices.com, gas in Missouri is over a dollar a gallon cheaper than it was last month. The average gas price a month ago was $3.01 per gallon of unleaded regular gasoline. This month it is as low as $1.85 per gallon. The lower gas prices are saving students a substantial amount of money.

According to USretailgasolineprices.com, prices are down nationwide. For instance, on the east coast the average price is $2.49 per gallon, which is down from a week ago when it was $2.68 per gallon. However the Midwest average has gone down eighty cents from a year ago, which is the largest decline in the entire country by nearly fifteen cents.

Avila's Diversity
Mario Ausiello

MIni Melting Pot

Whether we are black, white, green, red, or yellow we all hold one thing in common: We all are Eagles from Avila. The general feeling you get when talking to students around Avila is that we are a small school that most people never heard of, but one thing that we share with big universities is our diversity. According to the Fall 2008 enrollment overview, there are 1,939 total students attending Avila University, and 212 of them are international students. They originated from thirty-three countries: from the heartland of Africa to the neighboring countries of America; from Western Europe all the way across the continent of Asia. It is amazing that such a small school can house and educate such a diverse group from all over the world.

"...one thing that we share with big universities is our diversity."

Avila's diverse ethnicity reflects America's diverse ethnicity. According to information posted on Yahoo, Americans are 74% white, 12.1% black, 14.5% Hispanic, and 4.4% Asian/Pacific Islander.

Avila is 66% white, 13% black, 4% Hispanic, 2% Pacific Islander, 10% non-residents, and 5% unknown, according to the enrollment overview. Although we have less Hispanics than an ideal racially-balanced school, it is still surprising and commendable to see that we are just as diverse as our "melting pot" country. So next time you think this is a small school in the middle of the country with a lack of diversity--think again!

Why are Gas Prices on the Decline?
By Khasan Simmons

Relief at the Pump

The average price for a gallon of gas in September was $3.45 according to GasBuddy.com. Now the average price is $2.33 and Kansas City is second to Des Moines, IA on the list for cheapest gas in the nation at $1.90 a gallon. It wasn't too long ago when gas prices soared to over $4.00 a gallon, so why within the last few months have we seen gas prices make a sharp decline in price?

According to one leading economist, one reason for the decline is a slowing economy. This has led to the demand for gasoline to decrease. The average American has adjusted his or her driving habits, making far less trips and combining errands. The double impact of record-high prices and slower economic growth has been particularly visible in the United States, which accounts for a quarter of the world's total oil consumption, and where demand has slipped to its lowest level since June 1999. Americans have been driving less and flying less this year.

Also the latest statistics released by the Department of Transportation for August show that when gasoline prices rose, Americans responded by driving less. In that month Americans drove 15 billion fewer miles, or 5.6 percent less, than in August 2007. It was the 10th consecutive month of a decline in miles driven, and the most sustained reduction since the 1970s. Data compiled by MasterCard Advisors illustrated that for the weeks ending on Oct. 3 and Oct. 10, for example, gasoline sales were down 9.5 percent and 9.7 percent, compared with the same weeks in 2007.

Some analysts wonder if the impact of high gas prices has changed consumer psychology. Trends from the past show that as gas prices decline, consumers slip back into their old ways and the thirst for oil increases. So on one hand cheap gas is a plus, but in the long-term it does nothing to change behavior. It only gives auto companies an excuse to continue to create less fuel-efficient cars.

The only way to really keep prices down is to learn from this summer's gas price nightmare, and continue to change driving habits. We need to organize and demand alternative energy sources and fuel-efficient cars at reasonable prices. Tell the government to create better standards that auto companies must follow. For more information visit energystar.gov to find out about federal tax credits for energy-efficiency. I also recommend a great documentary that can be found at your local Blockbuster: *Who Killed the Electric Car?*

Check out the Special Decemeber Edition ONLINE December 8th at www.avila.edu/talon

Missing Mamma's Home Cooking

Tyler Herring and Tim Matson

One year of eating in the café

How much money do you spend eating out a week? Perhaps you don't like fast food; you are just tired of eating the same thing in the campus café every day. The café has its good days and its bad days; you can always bank on the barbeque at lunch or the pizza at dinner, but what about the entrée?

"Sometimes the food is Good," says Mario Ausiello, an Avila Junior. "But I usually just eat Pizza and Pepsi, and I usually top it off with three scoops of vanilla ice cream." A majority of the students that eat in the café have a meal plan that will last all year, but one year of eating in the café will make you grateful for Mamma's home cooking.

Every day there are more carbs than needed, and that is all that there is to choose from. A lot of people eat in the café during the day, but they also go eat a fourth meal around midnight. That wouldn't happen if the food was more filling. "I often find myself eating the fourth meal after dinner and between breakfasts," says Junior Eric Prickett.

VALUE VENT: "Leave Politics to the Politicians"

Ben Kopp

The Practice of Power

Everyone has an agenda to push. Sometimes it is a small and simple push for students to get their work completed on time, and sometimes it can be a complex plan to integrate a vision for the future of Avila University. Regardless of what people want to do, what matters is how they do it. Nothing matters more to the Avila Values than this concept.

The problems that prevent the full and true embodiment of education, dignity, worth, growth, interaction, and diversity arise when agendas lead into doing whatever it takes to accomplish petty goals. Most often in any community, these problems are caused by making deals to help people who are friends, or attempting to use aesthetics over the best match to appeal to others.

"Politics becomes a dangerous game anywhere"

Between government and a constituency, this simply becomes politics; but within any group that does not have the government-governed relationship, it is a volcano building tension until the day everything blows and crumbles.

Politics becomes a dangerous game anywhere, and the improper use of politics can destroy the community of a population at any time. It pulls, tears, and threatens identities across the board; more importantly for Avila, it goes against the very values on which we are founded. In short, quacking is best left to ducks, displaying is best left to models, and politics is best left to politicians. If anything is done to disturb this order, the tree of aspiration will soon go fruitless.

Seinfield Campus Tour Hits Avila

Ashley Townsend

A bus filled with memorabilia from the show about nothing visited Avila on November 10th. The 60-foot long, bio-diesel fueled bus rolled onto campus as part of a 26 city, 10,000 mile "Seinfeld Campus Tour." The bus is part of a nationwide effort to reintroduce the show to a younger generation, particularly college students.

Inside the bus, students found Seinfeld-inspired candy and memorabilia. Some of the items on display included Jerry's infamous toothbrush, a Tweety Bird Pez dispenser, the hideous "puffy shirt" Jerry had to wear, George's oversized winter coat, and Kramer's Fusilli Jerry. Participants were also able to view "Seinfeld" pages on Myspace and Facebook, and watch scenes from some of the show's best episodes. Outside the bus, students could play a "Marine Biologist Hole-in-One" putting game, and take pictures with a life-size print of the legendary characters.

As an avid Seinfeld viewer, I thoroughly enjoyed the tour and appreciated the props from the show that made viewers chuckle. However, I was disappointed to find nothing from one of my favorite Seinfeld episodes, "The Soup Nazi." If you found yourself confused by the bus, or you don't fully understand this article then you have not watched enough Seinfeld. Fix this by catching one of the show's numerous re-runs or rent the seasons on DVD…and well, yada yada yada.

Meet Joey Skidmore: Interim Talon Advisor

Javier Kelty

Family Man, Musician and Teacher

"Hold on for a second while I help my daughter out with this hyper dog," says a voice on the other end of the phone as he puts his interview on hold. The man is Joey Skidmore, a prominent figure in the Communication Studies Department and the Faculty Advisor for the Talon.

Although born in Baltimore, he spent his childhood growing up in Springfield, MO. Joey always liked the communication career field. He spent his college days playing in underground garage bands in the eighties. After getting his B.A. in Writing at MSU (Missouri State University), Joey took some time off to play in his band, known as the Joey Skidmore Band.

With strong rock-n-roll influences, the Joey Skidmore Band still likes to keep their sound diverse. "I hate to label anything… I don't like to pigeon-hole myself or my music," said Skidmore.

"So far I've had two four-song EP's and six albums mostly distributed by independent labels in Europe."

"I fit in with the people there: all the wacky artists and crazy film-makers."

They gained a fan-base after touring in Europe, and playing in Paris where the band started making connections with the entertainment world. Joey has met such noted figures as Doug 'Cosmo' Clifford (the drummer for Creedence Clearwater Revival) and even opened for Chuck Berry.

Joey decided to come back to the world of education, and received his M.A. in Communication Studies at UMKC (University of Missouri- Kansas City) in 2000. He went on to get his M.F.A. in Theatre Sound Design in 2004. He has been teaching Communication courses at Avila for the past three years, but has taught everything and everywhere from English Composition to Mass Media and the Law at places like UMKC, Johnson Community College and Cleveland Chiropractic College. He has also had several articles published in scholarly journals such as the University of Nevada-Las Vegas' *Popular Culture Review*.

When Joey's not keeping himself busy with his band and teaching classes, he is spending

time with his wife Faye (who is finishing her M.S. in Counseling Psychology at AU), his son, daughter, and step-daughter. Even though he hasn't done much songwriting this year, his new album *Ventriloquist Doll* has just been released on a Spanish record label.

In the future, Joey plans to continue teaching at Avila, hoping to get a tenure-track position in the School of Visual and Communication Arts Department. "I fit in with the people there: all the wacky artists and crazy film-makers."

Check out the Special Decemeber Edition ONLINE December 8th at www.avila.edu/talon

Hooray for free stuff!

Homeless Night at Avila

"Is that a Talon Claw?" You betcha!

Aqua Massage the stress away.

All Cheers for Avila Football!

Oxygen Bar: Under 21 Allowed!

Jack O' Lanterns: in the name of Breast Cancer Awareness.

NOV 7th - DEC 12TH

Thornhill Gallery Presents: "Influence by Anne Gagel"

NOV 26th - NOV 30TH

Thanksgiving Break!!

DEC 1st

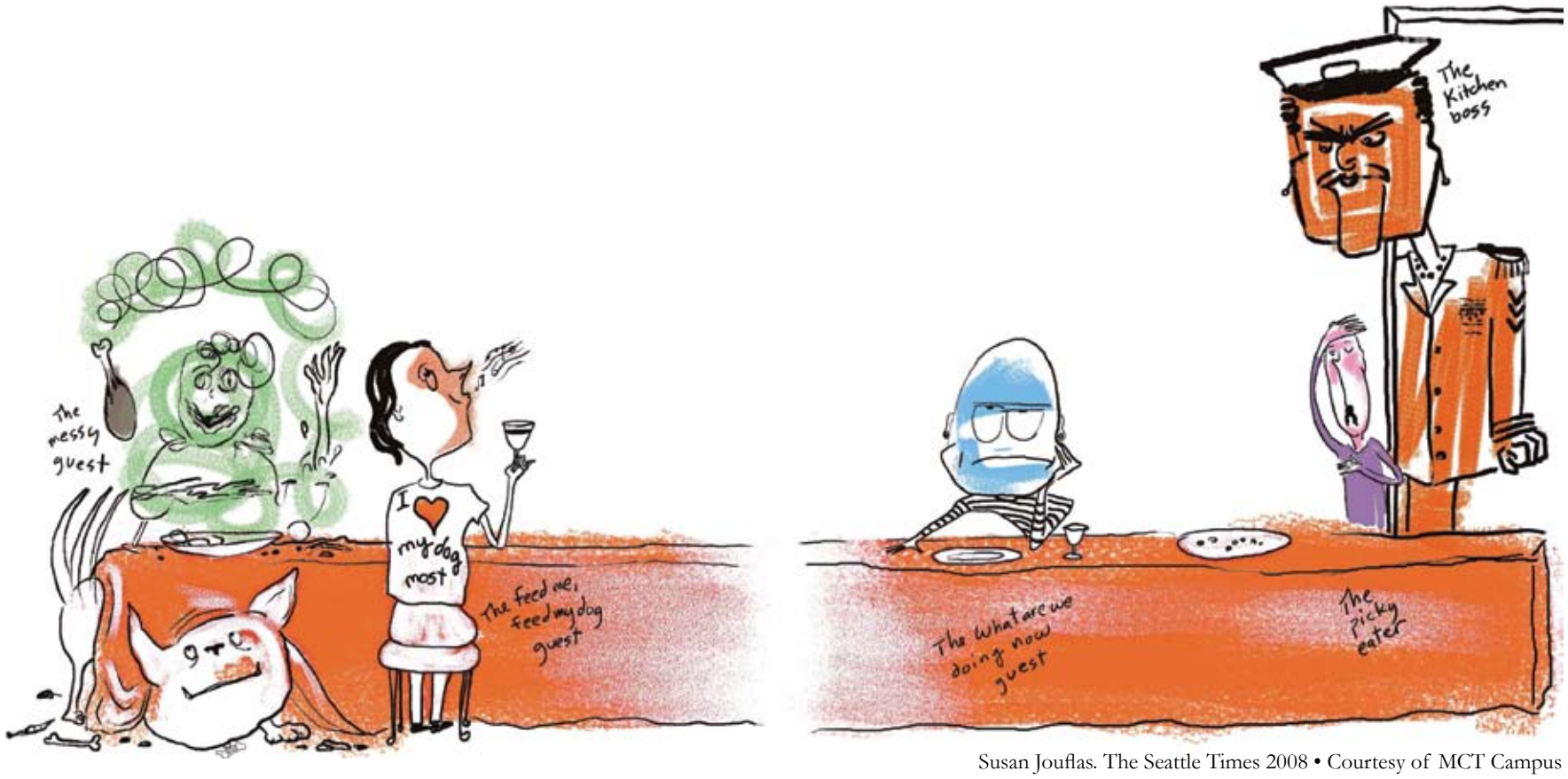
Monday: Classes Resume

DEC 15th- Dec 19th

Finals week

DEC 20th- Jan 20th

Christmas Break



Susan Jouflas. The Seattle Times 2008 • Courtesy of MCT Campus

Don't Wanna Grow Up!
Kayle Walker

I have learned many things since I've packed up and moved out of my parents' house three years ago. Some things were tougher than others, but at the end of the day each experience has made me a better person. Through this column I hope to share my experiences so maybe you can take a shortcut on your journey to "grow up."

When we finally get to move off campus, an apartment or house can seem kind of lonely with only one or two roommates, when you are used to living with twenty. Many people want to fill that void with a cute, cuddly pet.

Now before you get your furry companion, you should take a few things into consideration. The first thing to remember is that these little animals poop, pee and occasionally throw up. Potty-training a pet can be pretty complicated and even once they are potty-trained, you will still have to clean up their little messes.

The second thing to remember is that they cost money--money that comes out of your small college budget, so be prepared to give up some of your "luxuries." The purchasing of the animal is often costly. At pet stores, be prepared to spend at least $100 on anything bigger than a hamster. Even if you are buying from an adoption center, the prices are over $100. Although prices are high, the benefit of buying a pet from the pet store or adoption center is that the animal will have its first round of shots, and if you're really lucky it is potty-trained.

If you'd like to save a few bucks, look in the classifieds for free pets, or ask your friends that are from the country if anyone is giving away animals. Also, to save money on your pet, avoid buying cute outfits and other goofy pet accessories. Your pet only needs one nice sweater for company and special occasions.

If you decide to buy your pet from an adoption center, such as the Human Society, be prepared to answer a lot of questions. If you rent your apartment/home, the center may ask to call your landlord to get their approval before adoption. If you haven't paid your pet deposit, which is typically $150-250, plus $20-$50 a month, this could be a roadblock for you.

Also avoid expensive furniture, especially leather, because animals' claws can be a disaster with nice furniture.

Once you have taken all these things into consideration and you are okay with the consequences, then you are ready to get your pet. This is where my advice stops. Choosing which pet will be your new roommate can be a difficult decision.

Unfortunately for me, I chose wrong when I selected my fur-ball friend Cosmo. For those of you who haven't had the pleasure of meeting my psycho-kitty, here are a few characteristics of my cat: She loves window blinds, eating them, bending them, breaking them, and even putting her entire body through them, making lots of noise.

Cosmo is also hyperactive and thinks biting and scratching my roommate and me is a form of play. When she isn't biting, she likes to use her sand-paper tongue to lick us.

She is a medium-haired cat that leaves a trail of fur where ever she goes, which is everywhere, including counter tops, bathroom sinks and occasionally the dryer. If she actually has a sweet moment with you, you will be covered in fur.

Cosmo also went through a phase of six months where she popped on the floor right in front of her litter-box. She also went through an extended phase where she broke any decorative object that we put on our dinner table.

I could go on for days telling horror stories about my cat. I think the worst part about it is that we will have a very long life together--something else to take into consideration when you purchase a pet. They can live for a very, very long time!

If I could travel back in time, I do not know if I would buy my cat or not. But since I don't have a choice, I'll continue to love my little Cos Bear. After all, I couldn't imagine a day without her torturing me.

It's All about Accessories!
Jacqueline Sharp

Winter Style

Winter is quickly approaching and it is time to pull out your hats, scarves, gloves, parkas, and cozy sweaters. There is no doubt that winter clothes and coats are expensive, so do not go out and spend a slew of money on a new winter wardrobe. Like I said in my last column, everything old is new again, so Instead use sweaters, skirts, and other long-sleeved shirts that you have from previous seasons, and entirely change its look by accessorizing. With accessories you can dress an outfit up, and you can also dress it down. For example, *InStyle* magazine always has a section called "Day and Night." It displays one outfit and the ways that you can wear it during the day, and ways that you can dress the same outfit up for a night out by the addition accessories that add sass.

This season, jewel and berry tones are what every fashionista is after. You can take any simple outfit and dress it up with a stylish clutch in a stand-out color, which adds flavor to the outfit. Also, adding a belt to any outfit will change the appearance significantly. Whether the belt is chunky or skinny, it gives an outfit all-new meaning, and can also be very flattering on almost all body types. Jewelry is a way that you can dress something up or down, and a pair of stylish shoes is always the key to a good outfit. Check out stores like Charlotte Russe, Forever 21, Wet Seal, and T.J. Maxx for a great steal on all types of accessories. You are sure to find something good in one of these stores to fit your fashion needs.

The Early Eagle Gets the Summer Internship
Micele Wately

Start Sweating

Summer is over six months away. As you enjoy the winter holiday season, prospective employers are gearing up for the summer internship season. Major corporations are posting applications, recruiting at college campuses, and creating a buzz to attract the best and the brightest. Although it is November, internship season is right around the corner. But why should the average Avila student ruin Christmas break to worry about an internship that won't take place for over six months?

In an effort to better prepare students for successful careers, Avila has moved toward requiring its students to complete an internship in order to graduate. For instance, Communication students are required to obtain 150 hours to graduate. Political science students are also required to gain over 100 internship hours to graduate. The need for students to complete internships prior to graduation has not always been a requirement at Avila. Administrators are learning that internships offer students the unique opportunity to network with business professionals before they enter the workforce. The relationships that develop give students unprecedented access to industry mentors that can help students advance in the corporate world. These relationships become more valuable to students when the time comes to reach full-time employee status. In recent years it has become increasingly important for students to participate in internships.

More Americans than ever before are acquiring post-secondary degrees. In an employment market flooded with college graduates, corporations need to look at educational factors that can set students apart. Internships have become that determining factor. Two students applying for the same position with the same academic credentials are often selected based on their on-the-job experience. Students with internship experience are also an asset to major corporations looking to maximize their bottom line. Students that enter the workforce with internship experience do not require as much on-the-job training. These students are often prepared to take on entry-level tasks, and as a result, save the company thousands of dollars in training that a student without experience would need.

"The Career Services Center located in the new Hodes center can assist student's with resume and interviewing preparation."

Students that do not mind taking a little of their vacation time to seek out summer internship opportunities can choose among the best internships available. The application process for some internships begins as early as January. Most internships have been filled by the end of March. The Career Services Center located in the new Hodes center can assist students with resume and interviewing preparation. Students looking for an internship opportunity can also search the College Central Network: an online job database system that is updated daily with new internship and job opportunities.

As you sip on your eggnog this holiday season, take the time out to see what internship opportunities await you. It is the early eagle that gets the good internship.

20 Fast Food Meals to Eat When Trying to Lose Weight
Erin Hopper

Smart Choices

If you are like most college students, you would like to lose weight, but you don't have the time or the money to eat on a strict diet. Don't worry it is possible to eat fast food and make healthy choices at the same time. Below are twenty suggestions for eating fast food and losing weight at the same time!

1. Subway: oven roasted chicken breast: 310 calories, 5 grams of fat
2. Wendy's: Mandarin chicken salad: 520 calories, 3.5 grams of fat
3. Wendy's: Caesar salad: 270 calories, 4.5 grams of fat
4. Wendy's: side salad without dressing: 60 calories, 3 grams of fat
5. McDonald's: grilled snack wrap with chipotle BBQ: 260 calories, 8 grams of fat
6. McDonald's: southwest salad with grilled chicken: 320 calories, 9 grams of fat
7. McDonald's: Caesar salad (without chicken): 90 calories, 4 grams of fat
8. McDonald's: English muffin: 160 calories, 3 grams of fat
9. McDonald's: fruit and yogurt parfait: 160 calories, 2 grams of fat
10. Burger King: small vanilla shake: 330 calories, 6 grams of fat
11. Burger King: smokey BBQ fire-grilled chicken baguette: 350 calories, 5 grams of fat
12. Burger King: garden salad without dressing: 20 calories, 0 grams of fat
13. Sonic: regular strawberry fruit smoothie: 460 calories, 0 grams of fat
14. Jack in the Box: Asian chicken salad: 140 calories, 1 gram of fat
15. Taco Bell: regular crunchy taco: 170 calories, 10 grams of fat
16. Long John Silver's: single chicken plank: 140 calories, 8 grams of fat
17. Pizza Hut: medium slice of veggie lover's pizza: 280 calories, 6 grams of fat
18. Kentucky Fried Chicken: original drumstick: 140 calories, 9 grams of fat
19. Arby's: grilled chicken salad: 190 calories, 4 grams of fat
20. Chick-Fil-A: chicken sandwich 290 calories, 9 grams of fat

Check out the Special Decemeber Edition ONLINE December 8th at www.avila.edu/talon

Living with PKD
Ben Kopp

Working Towards a Cure

Last year, members of the Avila University Campus Ministry Team created what became known as the "Dave Shave Challenge" to raise money for families in West Virginia. The fundraiser generated $1100. This year, Jason Baldwin agreed to shave his head if Campus Ministry can raise enough money by December 11 for the PKD Foundation.

Polycystic Kidney Disease (PKD) involves the formation of several cysts on the kidneys; some of these can detach during formation and fill with fluids as they go throughout the bloodstream. PKD often causes high blood pressure, kidney-stones, and urinary problems, while spreading to other organs throughout the body. According to the PKD Foundation, twelve-and-a-half million people are currently suffering from this disease and the symptoms thereof.

Jason became determined to help find a cure for PKD when his daughter, Sage Baldwin, was diagnosed with the disease last year—her first birthday was October 24, 2008. Unlike the majority of PKD patients, who typically have Autosomal Dominant Polycystic Kidney Disease (ADPKD), Sage was born with the much rarer Autosomal Recessive PKD (ARPKD). This particular form of PKD requires the Baldwin parents to check Sage's blood pressure every night, and Sage runs the risk of needing a kidney and/or liver transplant by her tenth birthday. Although the PKD Foundation is headquartered in Kansas City and a lot of the research being done is at the University of Kansas, Jason has been unable to find another family in the Kansas City area who has dealt with ARPKD. When he went to the national conference in Dallas, Texas, Jason found only twenty families nationwide who had experienced the same disease as his daughter.

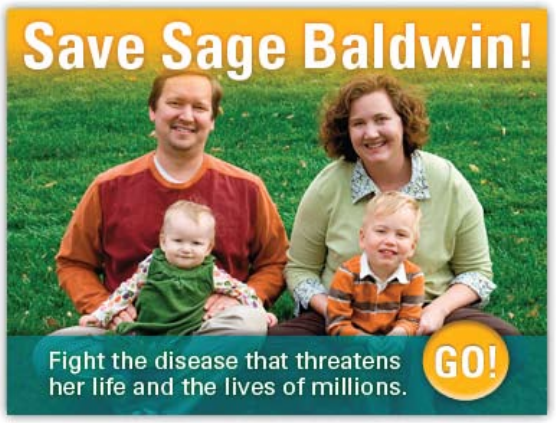
Jason said that even upon learning of the diagnosis, the Avila Community was "very supportive and would keep me and my family in their prayers." As Jason and his family began to help raise funds for the researchers who are currently trying to find a cure, many members of the Avila Community donated to the Kansas City PKD Walk. In addition to the Baldwin family, some Avila members and friends joined the walk, and further money was given by the Avila University Psychology Club and Psi Chi. These first initiatives gave the PKD Foundation $12,000. Smaller fundraisers and awareness projects have included raffles at daycares with child-friendly prizes.

Because of their level of participation within the PKD Foundation and the rareness of Sage's ARPKD, the Baldwin family has appeared on KCTV5 for the PKD Walk, been interviewed for a winter issue of the magazine that the Foundation publishes, and will be featured in a fundraising video. They hope to continue the spread of awareness on both types of PKD, and find a cure for the twelve-and-a-half million people with the disease. Although Jason and his family are able to give all of this assistance, he cannot help but "think about those without all of the doctors nearby," and all of those who have to travel between cities to find a hospital that treats PKD patients.

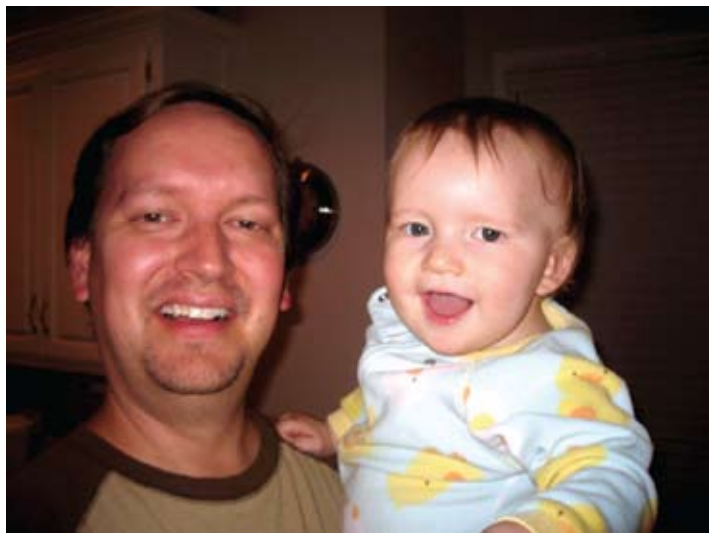
The Campus Ministry Team decided the shave challenge could help because of how effective the fundraiser was last year. "We are capitalizing on that success this year, because we learned of Jason's daughter having PKD, and learning about PKD, we're helping eradicate PKD," said Dave Armstrong. If their goal is reached, they will shave Jason Baldwin's head on Thursday, December 11, at noon in the Marian Centre Lounge.

Campus Ministry keeps asking Jason about shaving his head. "It was a done-deal when they said the money would go to the PKD Foundation, but I would have done it anyway…no matter what the charity," said Jason. He predicts it will be an interesting experience during a chilly winter. "I'm going to have to pick out some hats or wings… something to keep my head warm, but I may end up loving it!"

"…the Avila Community was very supportive and would keep me and my family in their prayers."



Watch the Baldwin's "Save Sage Baldwin" video and make a donation for PKD at pkdcure.org.



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A&E

In This Section

Emily Hoskins

Review for House, Christian-Themed Thriller

Javier Kelty

House, an independent movie based on the Christian-themed supernatural novel by Ted Dekker and Frank Peretti, is not your usual horror flick filled with gore and blood. Although it's not as disturbing as any of the situations the victims in the *Saw* movies are put in, Director Robby Henson still manages to capture the general essence of a scary movie. The use of distorted camera angles gives the viewer a sense of confusion and anxiety, making the movie scary.

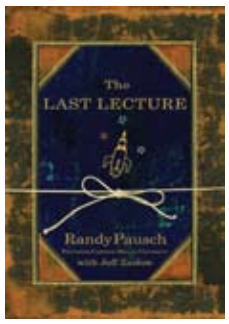
The story follows two couples that get stranded in the middle of nowhere, and find shelter at a mansion. The people who live in the mansion turn out to be creeps with strange manners. Things only get weirder when the two couples are locked in the house to stay safe from a shotgun-toting lunatic known as the "Tin Man." After this, some of the turns and twists are completely predictable, while others are so unpredictable they seemed like cop-outs for a bad story.

This movie didn't do the novel justice. The book seems to have a big fan-base because of its Christian roots. Maybe the symbolism was described better in the book, but the movie showed little connection to Christian faith except for excessive references to sins. Someone with no knowledge of the story's background would have no idea that it had a Christian theme. Its abuse of symbolism seemed irrelevant. The acting was below average, and the characters didn't seem bad enough to be punished for their sins.

The Last Lecture

David Wilson

When I first met Randy Pausch I was 25-years-old and lying in bed ready to embrace the night, and prepare for another day. Instead I picked up a book that my grandmother had given me a while ago, saying I would truly enjoy it.



After reading the inside of the book cover, I wanted nothing to do with such a sad tale about some guy I never knew who was dying of terminal cancer. To put myself to sleep I read further, skipping the introduction, because that is what I do. I found chapter one, called "even an injured lion still wants to roar." This chapter is what I will call the hook: Randy acknowledges the elephant in the room, explaining what the last lecture is, and how he decided on his.

My goal is not to go through the whole book and explain what Randy means in each chapter. My intention is to show the beautiful message of achieving your childhood dreams--specifically, that he so passionately displayed for his children during his last lecture. As he says, "it was an easy time to dream; I was born in 1960."

There are so many wonderful messages to be taken from his last lecture, and my heart wants to do each of them justice, but I will leave that up to the readers. If you can't afford the book, you can borrow mine.

The main issue that I related to was the fact that he covered fun saying, "I'm dying and I am still having fun, and I am going to keep having fun." This really resonated with me, because I live for fun, and some may say that I will put the important things on the back burner to have a moment of fun. In life there is so much to learn from those having fun, that we sometimes forget that while having fun we are bettering those around us.

Emotionally, I have gained so much from Randy and his outlook on life, that I can't even come close to showing his views. Just read the book, and keep in mind, "that everyone has a good side, and that if you wait long enough people will surprise and impress you."

The sad fact is that I can do no justice to Randy's writing--I can only tell people to read it and embrace it. I am a better man for reading it, and from now on I want to enable the dreams of others, if nothing else.

Shakespeare's Hamlet

Faye Gipe

Guilt, political unrest, murder, questions about the afterlife, dysfunctional families: All these factors contribute to the universal appeal of Shakespeare's ever popular and ever controversial *Hamlet*.

The first act opens just how a ghost story should. Fog is twisting and gliding between the many platforms creating a haunted Danish castle. The theatre is filled with eerie sounds, and the lighting is dim. It is either late evening or early morning when two soldiers appear through the mist to guard the castle. The very air bears an ominous feeling. Two more men enter the scene for the changing of the guard. The three remaining men begin to discuss the mysterious thing they have recently seen upon the battlements at night. One of them is Horatio, played by Joshua Gleeson, a scholar who does not yet believe them. As they begin trying to convince him, the tale becomes a reality and the ghost of King Hamlet, portrayed by Richard Weber, enters the stage.

As the story progresses, the audience meets Prince Hamlet, portrayed by Andy Perkins, and learns of his dilemma about the appearance of his father's ghost and his mother's quick marriage to his uncle. After speaking with the ghost, Hamlet learns the identity of his father's killer, and falls into depression leading those around him to believe that he is mad.

Perkins says of the ambivalent Hamlet, "What I have liked most has been playing the journey of the character. Hamlet is quite possibly the greatest character written in all of western literature, and the opportunity to discover all the layers has been a blessing."

Throughout the play, Hamlet constantly struggles with the idea of avenging his father's "unnatural" death against his own uncle. He spends much time in deliberation. Most of the other characters in the play act and speak rashly, but Hamlet represents an important ideal of the renaissance being the first character to exhibit a more pensive nature.

This is where Lighting Designer Lauren Cazzell derived her ideas for isolating this already lonely character. Meanwhile, the set has been patterned after Escher's stair paintings and, after the initial ghost scenes, portrays a sense of purgatory.

The entire country of Denmark is essentially stuck until the murder of the king is resolved and the killer is caught. Sound Designer Michael Stolberg used natural sounds and period music to assist the audience in their transition from the modern world to that of Elizabethan Denmark. Scenes involving the players often featured live music as the actors were challenged to bring period instruments to life on stage.

"We collaborated on the live music," Director Robert Foulk said. "The challenge was not only in fitting the period, but fitting the mood and atmosphere as well."

Another challenge Foulk mentioned was for the actors to find the emotional depth while playing the relationships and using the language of Shakespeare.

"What I had the most trouble with was the language and making the objectives in the scenes clear with the challenge of what felt like a new language," said actress Kristina Hanford, who portrayed Ophelia.

"My biggest obstacle was forbidding myself to be selfish--to ignore my concerns and only focus on Hamlet's," said Josh Gleeson, who played Hamlet's friend Horatio. "Being in this show has been more rewarding than I could have ever imagined."

The efforts of all who were involved in the play certainly paid off. The end result was a beautiful and haunting play in which the actors showed a clear bond to each other, and to the world they were depicting.

Rocking Out To Silence

Sarah Ramirez

Protect Your Ears

Turn down your stereo; that's too loud! Everyone has heard this comment from parents at some point in their life. Teenagers, who like to crank up the volume to their favorite songs, do not understand that consistent loud music can lead to ear damage.

How loud is too loud can be difficult to determine. Everyone has different listening thresholds. In general anything over eighty decibels, which is roughly the same noise level as shouting, can cause damage to hearing.

Young people are especially likely to be raising the volume and running this risk. Research carried out by the Royal National Institute for the Deaf (RNID) found that thirty-nine percent of eighteen to twenty-four year olds use their personal stereos for more than an hour every day. The study also found that forty-two percent of people who listen this regularly believe they listen to music too loudly.

This might manifest itself at first as a temporary dullness in hearing after listening to loud music. Hearing usually recovers within forty-eight hours, but if this happens often it can lead to other problems such as tinnitus which is ringing in the ears, or noise-induced hearing loss.

Here is a tip to help you keep it at a safe level: Use protective ear filters that fit into ear headphones, cutting down background noise from television, radio, or traffic. This means that players can be listened to at lower volumes. These ear filters are available from electronic stores.

It's also a good idea for you to take regular listening breaks, and check the volume from time to time. If it's uncomfortable for you, then chances are it's too loud.

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Kansas City Events

November 26
A Tuna Christmas
American Heartland Theatre

November 27
Plaza Light Ceremony
6:00 p.m.
Country Club Plaza

November 28
Christmas in Song
Quality Hill Playhouse

Ida McBeth
8:30 p.m.
The Blue Room

Dialog in the Dark
9:30 a.m. – 6:00 p.m.
Union Station

November 29
Missouri Tigers vs. Kansas Jayhawks
Arrowhead Stadium

Al Green
8:00 p.m.
The Midland

Trans-Siberian Orchestra
3:00 p.m. and 8:00 p.m
Sprint Center

December 1
Home for the Holidays
Chestnut Fine Arts Theatre

December 2-3
Mannheim Steamroller
8:00 p.m.
Midland Theatre

December 5
First Friday
7:00 p.m. – 9:00 p.m.
Crossroads Arts District

December 6
Dr Pepper Big 12 Football Championship
7:00 p.m.
Arrowhead Stadium

On The Spot! The Improv Comedy Game Show
7:00 p.m.
The Corbin Theatre

Fakers Improv Comedy
9:00 p.m.
The Corbin Theatre

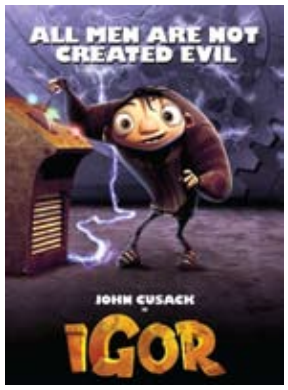
The Nutcracker
Music Hall

The Women of Brewster Place: The Musical
8:00 p.m.
Unicorn Theatre

Igor: Fun for All Ages
Charlotte Bishop

Monster Fun

From the moment I saw the preview for the kid's movie *Igor*, I knew I wanted to see it. It looked fun, amusing, and very childish. From what I could see, there was no adult humor in it at all, which is fine, except I always appreciate those moments when the adults laugh and the kids have to ask why. However, it became clear quickly that the movie is full of jokes and gags that children would not understand – nor should they. In just the first few minutes, we are introduced to the immortal rabbit who spends the entire movie trying to kill himself. Later we come across an invisible man who refuses to wear pants because it's "liberating."And that's just the beginning. Igor is actually about a hunchback named…Igor. In fact, all of the hunchbacks are named Igor, and they all work for evil scientists. The Igor in question, however, is more intelligent and a better scientist than the one he works for. He ends up creating life in the form of a monster named Eva. It's a great movie about being yourself and not allowing others to push you into a corner. Even with this cliché message, this is one of the funniest kids' movies I've ever seen--and I go see most of them. I highly recommend Igor for all ages.



Concerts

Lane Goodin

Rick Springfield 11/22/2008 Midland Theatre
Winter Wonder Slam: TobyMac | Relient K | Family Force 5 | B Reith 11/22/2008 Municipal Auditorium MO (End Stage)
Soulfly 11/23/2008 Beaumont Club
Escape The Fate 11/24/2008 Beaumont Club
Smashing Pumpkins 11/24/2008 Midland Theatre
Smashing Pumpkins 11/25/2008 Midland Theatre
Willie Nelson 11/26/2008 Midland Theatre
The Schwag 11/27/2008 Uptown Theatre (General Admission Show)
Dave Attell 11/28/2008 Midland Theatre
Ida McBeth 11/28/2008 Blue Room
Al Green 11/29/2008 Midland Theatre
Sons of Brasil CD Release Party 11/29/2008 Blue Room
Suicidal Tendencies 11/29/2008 Beaumont Club
Trans Siberian Orchestra 11/29/2008 Sprint Center (End Stage)
Trans Siberian Orchestra (Matinee) 11/29/2008 Sprint Center (End Stage)
Gwar 11/30/2008 Beaumont Club
Misery Signals 12/1/2008 Jackpot Music Hall
Hinder 12/4/2008 Beaumont Club
Trace Adkins 12/4/2008 Midland Theatre
The Cheetah Girls 12/9/2008 Sprint Center
Al Jarreau 12/12/2008 Midland Theatre
Buddy Guy 12/12/2008 Uptown Theatre (Reserved Floor)
Shwayze 12/12/2008 Granada Theatre Lawrence, KS
Roberta Gambarini 12/13/2008 Folly Theater
The Faint 12/13/2008 Liberty Hall
Neil Diamond 12/15/2008 Sprint Center (End Stage)
Neil Diamond 12/16/2008 Sprint Center (End Stage)
Wynonna 12/19/2008 Midland Theatre
Final of Fall Club Wars 12/20/2008 Uptown Theatre (General Admission Show)
Jeff Dunham 12/27/2008 Kemper Arena

November's Movie Lineup
Charlotte Bishop

Holiday Season Has A Lot to Offer

007: Quantum of Solace – Daniel Craig returns as James Bond, delighting fans everywhere. He is joined by Olga Kurylenko, and by Judi Dench, who plays the inscrutable M. Bond is pitted against the organization who blackmailed Vesper, his lost love from the last movie, *Casino Royale*. He battles his own emotions, trying to keep the mission impersonal. He must keep his cool, even though the people he is fighting are the ones who forced the woman he loved to betray him. *Quantum* is rated PG-13 for violence and some sexual content

Bolt – The token kids' movie of the month, *Bolt* stars the voices of John Travolta and Miley Cyrus. Bolt is the star of a hit TV show, but he believes that all of his daring feats are real. When he is accidentally shipped to the wrong place, he convinces himself that his owner has been kidnapped, and starts a hilarious journey to find her. Rated PG for some cute action.

Twilight – I work in a bookstore, and hardly anything sells as well as Stephanie Meyer's *Twilight* series. Of course, this means that it had to hit the big screen. Robert Pattinsen leads a young cast as a vampire who falls in love with the new girl in town. He believes her to be his soul-mate, but if he gets too close he could go into a bloodlust frenzy. To top things off, a rival clan of vampires moves into town and threaten to disrupt the lovers' life together. Rated PG-13 for some violence and a scene of sensuality.

Keep 'em coming, Hollywood!

Check out the Special Decemeber Edition ONLINE December 8th at www.avila.edu/talon

POLITICS

In This Section

Dave Wilson

In this issue Lane Goodin pursues *Saturday Night Live* and its acclaimed political satire concerning the 2008 candidates. Namely, the anomaly that is Tina-Palin-Fey.

Ben Kopp offers his variance on voters, especially uninformed ones. Making a case that everyone should *not* vote if we truly want what is best for America.

Javier Kelty delivers a piece about President-elect Obama's victory and surrounding issues

True to form, I provide political perspective through my lens as a conservative Republican.

With each issue the political writers have a continued desire to provide insight into what is often a confusing division in America: politics. This issue of *the Talon* offers the same driven commitment, and even though the most involved political time period of many of our lives has passed, our readers will always find ample political discourse within these pages.

"Obama and Biden--turned out to be the real advocates for change, making them the winning candidates."

Obama Wins

Javier Kelty

Avila Students' Freedom of Speech Limited?

Two dark horses in the general election turned out to be the real advocates for change, making them the winning candidates. With the first African-American presidential candidate, and a female vice-presidential candidate on the other ticket, voter turnout hit a record-high of eighty percent.

Maybe the results of the last two presidential terms made it easier for the opposing party to win the race but such a land slide victory makes one think the majority did not want a president as similar to Bush.

President-elect Obama had the support of many Avila students—despite alleged attempts to limit their freedom of speech on campus. Sophomore softball player, Sasha Hughes was up at four in the morning, campaigning in the Marian Centre on Election Day. She had spent the last two weeks campaigning for Obama on campus and in the surrounding area.

This sparked some negative reactions. "When they'd find out we were for Obama they'd run us off their lawns," said Hughes.

Hughes and other Obama supporters even had problems on campus. She says they were confronted by the Vice President of Enrollment and Student Development, Ned Harris. "We couldn't say Obama's name…we couldn't say we were partial to any candidate," she said. Hughes said she had to go around taking down Obama signs, and taking stickers off of lamp-posts.

In a statement to *the Talon*, Harris said he felt it would have given the appearance that the university was in favor of one candidate over the other, which he didn't want.

"We're all about trying to promote both sides. We encouraged both campaigns to be represented on campus," said Harris. "I couldn't have them stopping students on campus promoting one candidate."

Hughes says the issue was not impartial, non-partisan, voter registration, as this was handled by a separate group from the University of Kansas.

Hughes and her allies had set up a "speak out" event, encouraging students—both Democrats and Republicans—to come up to a microphone and tell who they were supporting and why. She says she was told she could only continue if she instructed students not to mention *which* candidate they were voting for, or mention either candidate by name.

There is a student-led "Republicans for Avila" group on campus that could have participated, but "they weren't really doing anything," Hughes added.

Hughes and the other political activists still stuck around, finding other ways to covertly support Obama, while reminding people to vote. On the last day of the race, Obama supporters went to nearby apartment complexes and made sure people knew where to vote.

Students at Colorado College, and other places across the country had also dealt with pre-election problems, such as official warnings they could lose their financial aid if they attempted to use their campus address to vote, according to the *Rocky Mountain News*.

"We couldn't say Obama's name… we couldn't say we were partial to any candidate…"

Although the popular vote was relatively close, Barack Obama easily won the electoral vote. Hopefully he will make the right choices to help America out of the economic and diplomatic pickle it is in.

He Said: Maybe You Should Not Vote

Ben Kopp

Stay Informed

Perhaps the only thing worse than not expressing an opinion about politics is taking what could be a wrong position. People in the United States can become somewhat fanatical about voter turnout and forget the danger in uninformed voices. I always hear political propagandists tell others to vote, while regular citizens try to stress the importance of voting. However it is rare for them to remind potential voters to become truly educated on both sides about both candidates. Learning about a specific candidate from his or her supporters is one thing; hearing about the candidate's views from his or her opponents is quite another matter.

What it all comes down to is that some people should not vote. I would not go so far as to say that only the critical thinkers or the college educators should have this option, but the voters must at least understand who or what they are voting for or against. The freedom of speech and representation via ballot is given under the assumption that you will have reasonable knowledge of any changes that are to be made. Voting is not something to be forced on another, to do without the proper information, or to do because everyone else is doing it. Voting is a special right to help represent, decide, and create a legacy that will continue long after your grandchildren have children. Any time ridiculous laws appear, or the government seems to make a horrible decision, just remember that it could have been avoided if the only voters were properly informed voters.

She Said: Vote for the Right Reasons

Charlotte Bishop

Choose Carefully

There are a lot of reasons *to* vote, but what about why *not*? Ben and I banded together on this one because – surprise! – we agree on the issues. We didn't vote the same way, but we both feel it is important to vote…unless you're doing it for the wrong reasons.

Voting isn't just about liking one candidate and disliking the other. It's about considering all of the issues and thinking hard about which candidate would be better for the post. Don't vote for a candidate just because you dislike his or her opponent. It's unfair to the vote, unfair to the candidate, and unfair to the post itself.

Another big issue is voting because your parents made you, and you vote for their candidate without knowing anything about the issues or how it will affect you. Voting for your parents' candidate without understanding the issues is willingly placing yourself in a position of ignorance, and that is never good under any circumstance.

Voting is done to choose the best candidate for a job. If people vote for the wrong reasons--such as because someone told them to--it can lead to the wrong person in an office. Be careful and vote for the right reasons.

"The freedom of speech and representation via ballot is given under the assumption that you will have reasonable knowledge of any changes that are to be made."

"Voting is done to choose the best candidate for a job."

Fey vs. Palin on SNL

Lane Goodin

Politics Equal Ratings

Since *Saturday Night Live* has been on the air, it has been an active part of the election years. This year was no different, and with the change in the political spectrum it opened up doors that have never been opened.

During the primaries, Hillary and Obama were the hot topics on *SNL*. *SNL* took the liberty of making fun of the media more than the candidates. During the debate with both "senators," they started and ended with questions to Obama about how comfortable his seat was, and whether he needed a pillow.

When McCain announced who his running mate would be, *SNL*'s Tina Fey came out of hiding. It was a Sarah Palin-Tina Fey phenomenon. The similarity between the two has had everyone tuning in to *SNL*.

Hollywood Insider reported that there was a 70% jump in viewers since Tina Fey began starring as Sarah Palin. It was obvious that Fey studied Palin, imitating her winking and nodding motions, and her accent perfectly.

Although Palin had a huge impact on the election, it was Tina Fey that stole the show. Palin was a good sport--even coming on the show and walking past Fey. The show where "Palin" and "Hillary" made statements to the press about sexism was true comedic genius.

Amy Poehler starred as Hillary Clinton, with her best wing-woman Tina Fey portraying Sarah Palin. This performance hit the national news, by stirring up drama about how the press treats women in politics, compared to men. Though Palin and McCain lost the election, they both were good sports: coming on and poking fun of themselves and their competition during the election season. If you would like to see the *SNL* skits that Tina Fey is in you can go to www.nbc.com/snl

"Hollywood Insider reported that there was a 70% jump in viewers since Tina Fey began starring as Sarah Palin."

So Barack Obama Won "Student Perspective"

David Wilson

From the Right

So Barack Obama won: well congratulations. Before you read any further know that I am bitter. You see, I am a conservative, a Catholic, a Republican, and now I don't know what to do. The night of the election I said pass me the bottle, because that is an easy decision to make when your entire squad gets their clock cleaned. The only solace I have found is that maybe Al Franken didn't win, but that isn't even definitive yet. Where do I go from here?

Since this country was founded by Patriots fighting for what they believed in, I can only come to terms with one course of action, and that is to fight. Why wait? As a conservative Republican, I am going to begin researching and supporting those politicians who embody the values I agree with, and I am going to do it right now.

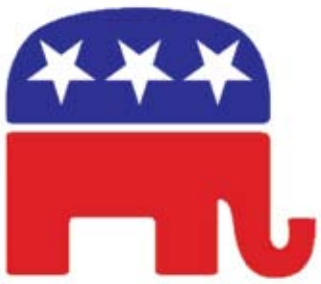
For the duration of Barack's four years as president, it is predictable that moderate Republicans will sway back to the core of conservatism, because it has little effect anyway, and they don't want their party to disown them.

Also, McCain's loss has proven that a straight-line Republican is needed for victory, because you can't win America if you lose red states to blues. Besides, it is hard enough to win the presidency without California's 55 Electoral College votes. Historically, California has been Republican, but it is one of those "what have you done for me lately" issues.

If you are a conservative Republican who said, "pass me the bottle," it is okay to put it down now, because we have work to do. It is good news that Barack won, because that means the pendulum has swung way to the left. The neat thing about those crazy pendulums is that they always swing back where they came from.

So for the next four years, while the Democrats are quarterbacking this country, the Republicans need to do come roaring back like they have so many times, and pull themselves up by their own boot-straps. Only hard work, hard work, hard work, and that great American resolve will make a difference. So let's get started: Mitt Romney in 2012?

"I am going to begin researching and supporting those politicians who embody the values I agree with, and I am going to do it right now."



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AVILA LIFE
In This Section
Colleen Reagan

In sports, you will read

the scoop on Lady Eagles Basketball as well as Men's Basketball. Also included in this month's section is more updated news about the search for Avila's new Athletic Director. Another issue discussed in this section is the Women's Golf getting back into the swing of things. This section also has stories about border wars and fantasy football. So bundle up with a big cup of hot cocoa and read this month's sports section!

"...bundle up with a big cup of hot cocoa and read this month's sports section!"

Men's Basketball has High Hopes
Spencer Davis

Up and Coming

This is the time of the year when Coach Anthony Hall's life goes up two notches into turbo gear. Coach Hall who is the interim Athletic Director for Avila University this year, has now begun and started the season of his baby, the Men's Basketball program. With losing last year's top scorer Martez Young and top rebounder Michael Williams to graduation, Coach Hall was busy this off-season recruiting as well.

Hall and his staff brought in eight new freshman to compete for playing time. "We know we're a young team, but don't count us out," said Tommy Cochran, sophomore point guard. "We play fast and we play hard. Avila basketball is going to turn some heads this year just wait."

"This year is the start of many good years to come," senior guard Justin Lott added. "These freshman are great players and great teammates. They are going to help us get to the playoffs this year."

Other key returners include senior forward Alex Marler, junior forward Cory Prindiville, and senior forward Courtney Early. We wish them good luck for the 2008-2009 season and hope everyone gets out to as many games as possible to help cheer on the Eagles!

2008 Men's Basketball Team

Bring on the Competition: Lady Eagles are Raising the Bar
Faye Gipe

Working as a Team

In the past, the Avila women's basketball program has been described as a "doormat" in the Heart of America Athletic Conference. Well, no longer! With Coach Larry Williams leading the way for the third season in a row, the ladies are posing more of a threat than ever before in the HAAC.

This year's theme for the program is "Raising the Bar." After last season's achievements, the bar has been set fairly high. Last year the Lady Eagles had the top field goal percentage in the HAAC. They were ranked third in the nation in free throws and won--for the third consecutive year--the Dr. Fred Geer Academic Cup for achieving the highest cumulative grade point average as a team. Needless to say, the ladies intend to go above and beyond the team's previous accomplishments this year. It looks as though they already have a good head start on this goal. "We're ranked fourth in the conference this year," said newcomer Katyan Lowe.

The ladies are optimistic that with seven returning players, and seven new members they will be able to overcome all of their obstacles as a unified group. Indeed, with fifteen girls total, bonding has been one of the main objectives in preparing for the season. It isn't hard to find them during lunch since all of them sit together to eat in the cafeteria. They hold study groups together, go to concerts with one another, and have general hangout times. Each week, the team members become more of a family than just a close-knit group as they host Grey's Anatomy party nights and even Bible studies. The goal is to present a unified front against the other teams in the conference. "Our main focus this year is defense," commented freshman Courtney Gimlin.

As with any sport, intimidation is a key factor and the Lady Eagles have it. Returning this season are NAIA Scholar All-Americans Ashley Townsend and Emily Hoskins, as well as last season's freshman of the year, Alyson Young. Two out of their three returning seniors, Sarah Parker and Ashley Townsend, scored their 1,000 point in the last season and aren't about to stop there.

With thirty-three games lined up for this season, the players will have plenty of chances to show off their great teamwork and skills on the court. The Lady Eagles know that winning attitudes are essential for winning games, and this basketball season is sure to be filled with aggressive plays and high spirits.

"We've come a long way since my freshman year," said senior, Emily Hoskins. "This year we just all need to come together and play our hearts out!"

They hold study groups together, go to concerts with one another, and have general hangout times.

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Border War

Steve Sharkey

Showdown at Arrowhead

Growing up in Kansas City, and being a huge sports fan I have always enjoyed border wars. I know many of you who read the Talon don't come from Kansas City, and maybe don't know much about the KU versus MU football game.

As the Missouri-Kansas rivalry plays out in an epic football game Saturday, most Americans--and perhaps some of you--won't realize that the hatred between these two state schools goes back to the Civil War and the slave-state versus free-state issue. A raid by a Confederate pro-slavery guerilla group from western Missouri on Lawrence, Kansas, in 1863 left the town burned to the ground. Before that, abolitionists from Kansas had invaded Missouri. To this day, when Kansans and Missourians gather - most conveniently at sporting events - some old-time nastiness comes out.

The Kansas versus Missouri football match-up dates back to 1893. It's the oldest rivalry west of the Mississippi. That should tell you how long this war has been going on. In the past couple of years this rivalry has regained its swagger.

Last year at Arrowhead stadium this game featured the No. 1 and No. 2 teams in the nation battling it out for a place in the Big 12 conference championship. It was a high scoring, hard hitting, in-your-face type of game that every football fan loves to see--with Missouri coming out on top.

This year there is still bitterness lingering from last season. Even though KU lost, they still made a BCS bowl game. That didn't sit well for MU fans who felt like they were gypped for losing in the conference championship, and not making a BCS bowl game.

This year, both teams will be meeting again in Kansas City at Arrowhead stadium. While the teams are not ranked as high, it still has huge implications for both teams. Whichever team wins will clinch the Big 12 north and will have a shot for the Big 12 conference championship title. The winner of the Big 12 automatically gets a bid for a BCS bowl game.

If you want to see the drama and excitement go down, Fox Sports Kansas City will broadcast the Missouri-Kansas football game live starting at 11:30 a.m. on Nov. 29. This is the second year the game will be played at Arrowhead Stadium.

What's with this Fantasy Football?

Spencer Davis

Growing Popularity

Over the past ten years fantasy football has grown in popularity. From the die-hard football fan of the past to everyone else--including women and teens--fantasy football is taking over. Fantasy leagues are everywhere including the workplace, schools, and of course the Internet.

People can join on about any sports and football site, or even through top search engines like Yahoo. Many of the leagues are even free to join while the other paid leagues more competitive because of prize money that can be won.

But what is fantasy football? Fantasy football is a game played by people utilizing the National Football League (NFL). At the beginning of the season, each league (consisting of usually 8-20 teams/people) has what is known as their fantasy draft. This is where each player takes turns selecting real NFL football players that they believe will help their team win each week. Points are earned by how well the NFL players on their team preformed that week. Every league has different variations of how many points everything is worth, so different strategies are used in different leagues.

Then during each week of the NFL season, the teams in the fantasy league play one another to see who has the most points and who wins. There are normally playoffs at the end of week 12, so by the end of the NFL season, a champion is determined. Champions of the past have won such extravagant prizes as a new car, $1,000,000, or even something as simple as bragging rights.

"...it makes all of the games on Sunday interesting, not just your favorite team's game."

Avila students have various reasons for playing. "Because it makes all of the games on Sunday interesting, not just your favorite team's game," senior Toby Cashell said.

"Also it helps ease the pain when your team is terrible and never wins (Chiefs), but yet you still get a victory on your fantasy team," Junior Colby Ross answered. "It gives you something to do when you're bored or at work. Also it's another way to trash talk your friends and show them proof of why you're a much better football fan than they are!"

Women are getting into the game too. "It's all about bragging rights!" freshman Allison Kohls added. "And it's hilarious how mad and upset guys get when they can't beat a girl at something they think they own!"

But how crazy is fantasy football getting? Major businesses that used to manage and run their own leagues are starting to ban them at work. They say it's becoming too distracting, and people seem to care more about their starting line-ups than the work that needs to be done. Schools have also banned them, saying it's a form of gambling, and threatening to suspend students who are caught playing at school. Is this fun game getting a little out of hand, or is this just another case of paranoid baby boomers?

Why Not Track and Field?

Lane Goodin

Missing

Athletes make up a large majority of the Avila student body, but we are missing some great sports that would bring in even more students, giving Avila some advantages over bigger schools. Why don't we have a track and field team? It is one of the most popular spectacle in the Olympics. If the athletic department would build the stadium they have been promising, maybe Avila could have more sports teams, and we wouldn't have to borrow someone else's stadium. I guess the likelihood of us having a track team is the same as getting that stadium here at Avila. The stadium would not only be for our football team to play in, but for our soccer team as well. If we are going to have so many athletes on campus, then we need to get equipped for them. It's not fair to promise incoming recruits and the players that are already here great things and not follow through. If the people running the athletic department are smart, they will get their act together and start working on getting what this school and its athletes need to become the one that challenges other schools.

"I guess the likelihood of us having a track team is the same as getting that stadium here at Avila."

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AD Search Continued...
Emily Hoskins

Athletic Director Anyone?

As most people know, earlier this fall Mike Sharpe's departure left Avila searching for a new Athletic Director. In late October, Avila's Vice President for Enrollment and Student Development, Ned Harris, sent out a mass email to address the situation of selecting a new Athletic Director. Unfortunately, nowhere in the message was the announcement of Avila University's new Athletic Director. He explained that after interviewing five candidates the position was offered to one of them. Unfortunately, the candidate decided to accept an offer from another university. So the search was stopped and will resume at the beginning of the spring semester. The time in between will allow more candidates--who fit well with Avila--to come into play. Until that time comes, Men's Basketball Coach Anthony Hall will continue as the Interim Director of Athletics, and will be assisted by several others in the department. Finally, Harris asks if one should know an appropriate candidate that would fit with Avila's needs to encourage them to apply or let him know of their credentials. So, hopefully by the end of this school year we will have a new Athletic Director that fits Avila's needs.

"Sadly, the candidate decided to accept an offer from another university."

Women's Golf in Full Swing
Colleen Reagan

On the Green

The golf team at Avila is back in the swing of things. It is coached by Jerry Krause and assisting him is Lisa Holton. Golf takes place in the fall as well as the spring. This season was a building season for them. With the new addition of Krista Nelson, senior from K-State, and Emily Ryan, Freshman from Oak Park High, their team is stronger than ever. With the help from returning Junior Anna Frazier, junior Ashley Ratliff, and Sophomore Kelsey Frerking, they finished out the season strong in their last tournament with second place to their rivals Baker.

"With our coaches' help we could take our team further than ever before," said Ratliff.

If they can beat Baker next year there is a good chance that their team could go to nationals in the spring. Their team is small but there is a lot of talent. They are all so dedicated and are doing whatever it takes to be the best that they can be. Best of luck to you girls in the spring!'

"With our coaches' help we could take our team further than ever before"

TOMMY COCHRAN

NAME: Tommy Cochran

GRADE: Sophomore

SPORT: Basketball – Guard #14

MAJOR: Radiological Science

HOMETOWN: St. Louis, Missouri

PERSON YOU ADMIRE MOST: My Brother, Ty

FAVORITE MUSIC: Country

FAVORITE MOVIE: Green Street Hooligans

2008 PERSONAL GOAL: Average 10 points per game

2008 TEAM GOAL: Make the playoffs

PLANS AFTER AVILA: Work at a hospital and become a doctor

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WORD ON THE STREET

Thanksgiving favorites and not so favorites?

Tommy Cochran – "My favorite is Apple Sauce."

Jacqui Drummond – "I am so picky that I don't like turkey and I don't like gravy. I only eat the pumpkin pie my grandma always makes."

Gino Huaroc – "My favorites are Turkey and Sweat Potatoes but I don't like green beans."

Liz Larson – "I like Mashed potatoes and gravy but I don't like yams."

Cecile O'hara – "I hate Turkey... crazy, huh?"

Robert Camacho – "My Thanksgiving favorite is turkey."

Ricky Davis – "I like everything at Thanksgiving, except chitterlings... I hate them!!!"

Ashley Sanford – "My Least favorite is pumpkin pie and my favorite is green bean casserole."

Tara Haskamp – "My favorite is mashed potatoes and my least favorite is stuffing."

Meika Nwaomah – "I like corn bread with brown sugar glaze on top and I don't like stuffing."

Sarah Parker – "I like mashed potatoes and green beans and I don't like the cranberry stuff and stuffing."

Colleen Reagan – "My favorite is party potatoes....mmmm YUM!!!!!"

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SPECIAL REPORT

In This Section

Dave Wilson

With Thanksgiving

just days away, the Talon decided to get in the spirit by helping Avila get through this upcoming, sometimes hectic, week. Jacqueline Sharp speaks on the pros and cons of the autumn season. Christina Johnston gives tips on how to cut back on overeating on Thanksgiving. Kayle Walker lets the AU students, staying on campus for Thanksgiving, in on a college budget-friendly list of T-Day dinner alternatives--including several restaurants that will be serving meals through out the day. Nicole Drew takes a different perspective on how to spend the Thanksgiving break by telling the advantages to vacationing as opposed to visiting with family. Monica Lang warns Americans not to turn the overeating from Thanksgiving into a habit, and gives tips on how to survive the shopping madness of Black Friday. Colleen Reagan also gives the low-down on the highlights of shopping on Black Friday.

Black Friday Strategies

Monica Lang

This is Not a Game!

This is the day when all the stores get out of the red numbers, and back into the black numbers. This sounds stupid, but you really have to know what you want and how bad you want it, before you go shopping on Black Friday. If you don't know, don't wake up early because there is no point. This will be my fourth year engaging in the Black Friday festivities, so I'm here to offer some helpful tips.

- Scout out your stores in detail! What are you dying to get? How many are available? From what time to what time is that sale offered?
- Order the things you want chronologically and in sync with store opening times. For example, if you want a wii that is selling for a quarter of the price and there are only ten available, you better be the first one behind the door--or else, you can bet that some other person is going to snatch it! Also, make the wii your number one priority, so that means going to Best Buy or where they are selling it first. Then, if Macy's is having a half-off shoe sale, but it only lasts until 10, you really need to decide what you want, and what you need. Another option is to find someone to stand in line for you at Best Buy while you go to the Macy's sale. Decisions need to be made strategically.
- What stores can you hit after 12 that may still have the things that you want? Target's $2.00 DVDs or Circuit City's deals run all day, so put those on your list for the afternoon.

Trust me, I do this every year, and every time I spend about $300.00, but I am able to get all of my Christmas shopping done for my family early and at a decent price. Think about it, this is the day when everything will be cheaper than usual. Make a Christmas list for the family or yourself, and get planning! The afternoon nap has never felt so good, after a hectic morning of pure productive shopping.

"Trust me, I do this every year..."

Fall Favorites

Jacqueline Sharp

Changes

Fall is a season that many people enjoy, because of the crisp air, beautiful colors, and change of wardrobe. "I love the weather because it's not too hot and not too cool," says Kylie Gordon. "I also love the leaves, because of the colors!"

For many, the change of season is beautiful at a glance, but for most it is miserable because it's the time of year when allergies and the flu come out in full force.

"It's not winter.--It's fall," says Colleen Reagan. "So, you don't have to wear your winter coat, all you need to wear is a light jacket. I do not like the changing of weather, because I always get sick."

"I love the leaves… they are just beautiful," says Ashley Reagan. While interviewing Avila students, it was clear that most of them had the same thoughts about the colors and the perfect temperature of air.

There were a few students that had other thoughts about fall and what it means to them. "It always smells like barbeque," says Rachel Myer, an Avila junior.

"You can put the windows down and not sweat," Jamie Lemaster says.

Everybody has their own special opinions about fall and I think that is what makes it such a unique and enjoyable season. This fall has been enjoyable, and energizing to many. The season started out with perfect weather—especially for early November.

Black Friday

Colleen Reagan

A Proud Tradition

While spending quality time with your family on Thanksgiving, keep this one thing in mind: The next day is Black Friday, the biggest shopping day of the year. That means getting up at the crack of dawn and standing in long lines to get that one gift that everyone wants. It means major sales, giveaways, gimmicks, and holiday cheer. It also means crowds, overflowing parking lots, long checkout lines and competition in the toy department.

"I shop till I drop!" says Ashley Reagan. "I wake up at 4:30 in the morning and meet up with my family at 7-11 to get caffeine. Then we will stand in the long lines and freeze our butts off. I never get home until midnight because we will all go out to eat and then hit up the stores that stay open late. It's the best day ever!"

Tina Baker said her favorite part about it is, "the thrill of beating someone else to a parking space and pissing them off. It gives me a rush!"

"My favorite part about Black Friday is watching all the crazy people yell because people are cutting in the line," says Alex Jung.

My favorite part about Black Friday is being with all my cousins and playing pranks on our grandma. It's a crazy day filled with lots of crazy people who will do anything they have to, to get what they want. So, have fun, be careful, and make sure you don't get into a fight!

"It's the best day ever!"

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A Turkey Dinner—College Style
Kayle Walker

mmmmm...Homemade!

Thanksgiving is traditionally about getting together with family and close friends and sharing thanks over an extravagant meal. But what if you can not get away for the holidays and are stuck spending the holiday alone?

No worries, because I have prepared a Thanksgiving feast that your college budget can afford. My grocery list will consist of ingredients for only one person. On a typical day, this feast could feed at least two or three people, but being the over-eating holiday that Thanksgiving is, you must eat it ALL yourself.

The grocery list I have prepared is based on Hy-vee prices from the State Line store, and prices may differ from store to store. To start off, you're going to need a bird. The best option--especially if you're living in a dorm--is a rotisserie bird, which is already prepared. You can get a rotisserie turkey for $9.99 or a rotisserie chicken for $11.99, whichever you prefer.

Next we move onto the carbs. Of course you have to have mashed potatoes! Usuallyy I wouldn't suggest instant mashed potatoes, but we are on a budget. These instant taters are listed for $1.70, and you have a variety to choose from—from butter herb to four cheese. You'll notice I didn't mention gravy—you're in college, gravy is now a luxury. Also sticking with the carbs, you have to have dinner rolls, and you can get a dozen Hy-vee white dinner rolls for only $1.32.

Now that we're set with the basics, let's move on to other side choices. I would definitely suggest a vegetable, but then again your mommy and daddy won't be there to force them down, so the choice is up to you. There are many options when choosing a vegetable. You can choose from carrots, green beans, corn, peas, and much more. Once you select your vegetable, the decisions don't stop there. You then must choose whether the veggie comes from a can ($0.90), the frozen food aisle ($1.88), or fresh produce ($2-$4). And don't forget the cranberry sauce for only $0.99. I never ate the stuff, but my mom always acted like she couldn't live without it.

To top off your meal, you are going to have to have desert, and on Thanksgiving, you must have pumpkin pie. At Hy-vee you can get a delicious 8" pumpkin pie for only $3.88. It may not be grandma's famous pumpkin pie, and it may be frozen, but it is tradition.

With my Thanksgiving grocery list you can create your Thanksgiving feast for about $18-25. Don't want to wear your chef hat? Plaza III is having a Turkey Dinner from 11 a.m.- 11 p.m. for $19.95; J. Gilberts is serving a four-course Thanksgiving dinner for $23.50 from 11 a.m.- 7 p.m.; and Mimi's Café serves their holiday fare from 11 a.m.- 7 p.m. for only $14.99--or check with your favorite restaurant to see if they are serving a turkey dinner.

Still doesn't fancy your feast? My last suggestion would be to buy a chicken potpie. It has the bird, vegetables, bread, and it's even called a pie, all for $0.67. And hey, don't forget to give thanks!

Avoid the "Happy" Plate
Christina Johnston

Watch it Now...

Thanksgiving is all about being thankful. I am thankful that I own pants that I can loosen, a scale that I am frightened to use, and have enough turkey for a third helping.

These phrases are not the typical words you might hear around the dinner table on Thanksgiving, and definitely not something anyone would wish upon themselves. This is often the result for the average holiday food consumer.

It would be discouraging if I were to tell you that you must run a mile to burn off your dinner roll. What are some practical strategies for tackling the holiday munchies?

There are many simple ways to cut out calories from your Thanksgiving meal. When most people load their plates, they feel that if any part of the plate can still be seen, they have not gotten their "serving" of food. A way to trick yourself is by filling a smaller plate. This cuts out a lot of extra food, while still giving you the satisfaction of "cleaning your plate."

"There are many simple ways to cut out calories from your Thanksgiving meal. "

Another bad habit is being a "social grazer." Long after the meal has ended everyone remains around the table reminiscing. As you share your stories, you notice a platter of chips and dip staring at you. You may think a few nibbles cannot harm anything, but you may be surprised at just how many calories you will consume by grazing. The solution to this problem is simply moving your conversation into a room other than the kitchen. Temptation is much easier to avoid when it is not right next to you.

Another solution for controlling your consumption would be eating a breakfast high in protein on Thanksgiving morning. Eating breakfast causes your metabolism to kick in early. This leaves you less hungry for a big meal later, and more likely to burn off those mashed potatoes.

Enjoy your Thanksgiving and quality time with the ones you love, but when they pass around the coffee and the pumpkin pie, you might want to just keep on passing!

'Tis the Season to Overeat...
Monica Lang

Stuffed

Americans are good at many things--from winning gold medals in the Olympics to eating extremely large portions because we think we are going to be hibernating for the winter. The United States may be a little on the obese side, but at least we know how to eat around the holidays!

Some people insist on eating more just after Halloween in order to properly prepare for this masterful feast we call Thanksgiving. Doubling up on portion sizes seems like a good idea, but the problem is that Americans are stretching their stomachs. This is fine, but do Americans know how to shrink back to normal size afterwards? Just make sure you know how to! If you are stacking your plate with layer after layer of food, so there is really no distinction between stuffing, bread, mashed potatoes, and green beans, then you are doing it right! Just remember the cardinal rule that overeating until you have to unbutton your pants a few notches is only cool on Thanksgiving. On no other day will overeating and massive feeding-troughs be acceptable to family, friends, and the American public. Warning: Make sure you are working out, or planning how you are going to burn the fat before you commit to overeating at your Thanksgiving Holiday Dinner!

"The United States may be a little on the obese side..."

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December 8th

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